

## Community-Based and Service Organizations

Substance abuse is prevalent in America, affecting both families and individuals. The “2001 National Household Survey on Drug Abuse” highlights the following facts about substance abuse:<sup>1</sup>

- An estimated 16 million Americans (7.1 percent of the population 12 and older) were current users of illicit drugs in 2001, meaning they had used an illicit drug at least once during the 30 days prior to being interviewed.
- Illicit drug use among youth was highest for those between the ages of 18 and 25 (18.8 percent) in 2001.

Recent events in the world have triggered Post-Traumatic Stress Disorder (PTSD) in people who also have substance abuse problems. In fact, an estimated 5.2 million American adults between the ages of 18 and 54 have PTSD. This is a dangerous situation for someone in treatment or recovery. Today, PTSD is clinically recognized as one of the symptoms of a co-occurring disorder when coupled with drug and alcohol abuse. According to the U.S. Substance Abuse and Mental Health Services Administration’s recently released **Report to Congress on the Prevention and Treatment of Co-occurring Substance Abuse Disorders and Mental Disorders**, 7 to 10 million individuals in this country have at least one mental disorder accompanied by an alcohol and drug abuse addiction. However, with the help of community-based organizations and faith organizations, people with co-occurring disorders can seek treatment and get the support they need to face their illness.

Why are faith-based and community organizations so successful? Consider these facts:

- For 6 out of 10 Americans, religious faith is the most important influence in their lives; for 8 out of 10, religious beliefs provide comfort and support.<sup>2</sup>
- Ministries can prevent substance abuse by reaching out to youth and getting them involved in positive activities (i.e., scouts, camping, or sports).<sup>3</sup>
- For teens, only 13 percent of those who attend religious services four or more times a month have smoked marijuana compared to 39 percent of those who attend services less than once a month.<sup>4</sup>
- Only 19 percent of teens who attend religious services four times or more a month have drunk alcohol in the past month, compared to 32 percent of those who attend religious services less than once a month.<sup>5</sup>



*“I’d been a heroin addict for years. My first days of awakening were walking into a faith-based community organization [Teen Challenge International]. I graduated in 1974. [Since then,] I’ve walked the excellence that I know is there to be walked. The man I’ve been now for 29 years is who I am.”*

—**Henry Lozano**

White House Advisor on  
Substance Abuse and Addiction

- There is evidence that social support from friends and outside influences can moderate the effects of a family history of drug and alcohol problems.<sup>6</sup>
- Children who coped effectively with the trauma of growing up in families affected by alcoholism often relied on the support of a non-alcoholic parent, stepparent, grandparent, teacher, or others when they were growing up.<sup>7</sup>
- Factors that have been cited in fostering student ability to resist drugs include positive peer affiliations, bonding/involvement in school activities, relationships with caring adults, opportunities for school success and responsible behavior, and the availability of drug-free activities.<sup>8</sup>

## Making a Difference: What Can I Do?

1. **Educate Yourself and the Community about Substance Abuse Addiction and Treatment.** The key to spreading correct messages about addiction starts with leaders who truly understand the disease of addiction. Seek out people in recovery in your community who are willing to speak openly about their addictions; contact local support groups or local religious organizations for spokespeople who might be willing to educate your leaders. Demonstrating to the local community that addiction is a treatable disease may encourage other community-based organizations to work aggressively for more community programs.<sup>9</sup>

For example, the One Church-One Addict program, created with grants from the Robert Wood Johnson Foundation, organizes and trains volunteers from churches and other religious organizations to support people in need of treatment and those in recovery from addiction. By the end of 2000, One Church-One Addict reported that approximately 750 religious congregations had either established a volunteer team or had begun training.<sup>10</sup>

2. **Work with Existing Channels in Your Community.** Local community-based organizations can work with store owners to enforce a crackdown on alcohol sales to underage youth. You can also support local schools and enlist the help of parents to spread the message that not all children “do drugs” but that treatment is available for those that abuse substances. Most importantly, community-based organizations and faith communities can support those already working in the treatment field, celebrating the accomplishments of these often hidden heroes.<sup>11</sup> In addition, many community-based organizations are a wonderful resource for those who have problems as many leaders are skilled in assisting with stress and trauma.

Create a community anti-drug coalition. These coalitions combine existing resources into a single community-wide system of prevention and treatment.<sup>12</sup>

Some things to consider when evaluating this option for your community:

- Coalitions are not interventions; they provide support services and plans for those in need.
- Each community's coalitions will be different due to the available resources and priorities of the community.
- Structure is very important. Each coalition needs strong and knowledgeable leadership and specific written descriptions of each job within the coalition.

The Community Anti-Drug Coalitions of America (CADCA) is a great example of the power of community coalitions. This organization has over 5,000 members committed to building and strengthening the capacity of community coalitions to support a drug-free community. Another example is Join Together, a national organization that supports community-wide efforts to reduce substance abuse. Information on both organizations, along with several others, is in the resource section at the back of this fact sheet.

3. **Be Informed.** Make sure your community-based organization or faith community leaders are kept up-to-date on the latest substance abuse and mental health information. This includes the latest figures on the types of substances being abused, the ages of people abusing these substances, the current statistics on mental disorders, how to screen for co-occurring disorders, and the newest types of treatments for both disorders. Possible resources for this type of information are listed in the back of this fact sheet.
4. **Get Involved.** Have Elders in the Native American communities involved in forming wellness and recovery related practices. Use their experience and position to establish programs and activities based on culture and teachings.
5. **Seek Alternative Solutions.** Sometimes your community may have special needs that common solutions to substance abuse problems cannot solve. However, these challenges do not have to be daunting; they will just require more creative solutions. For example:

Do you live in a college town? Then you might want to consider partnering with your local university/college or community college to sponsor sober dorms. Sober dorms can be one of two things: either living environments for students who choose not to get involved in drugs or alcohol, or places for students in recovery to receive support for both their school work and their treatment.

Do you live in a community with large numbers of Native Americans? Think about becoming involved in prevention and treatment programs at tribal colleges. Tribal colleges were created to serve the needs of Native Americans. Tribal colleges not only provide higher education for those graduating from high school—they also reach geographically isolated populations. Because of the high rate of substance abuse among Native Americans, most tribal colleges provide counseling.<sup>13</sup>

### Making a Difference: How Can I Focus My Efforts During Recovery Month?

**Recovery Month** is celebrated each year during September. This year's theme, chosen to reflect the thousands of organizations who support **Recovery Month**, is **"Join the Voices for Recovery: Celebrating Health."** Whether your community-based organization or faith community is large or small, you are encouraged to participate in this year's celebration. Here are some ideas on how to get involved:

1. **Be Creative.** Work with local volunteer performance organizations (i.e., dance troupes, theater companies, choral and chamber groups) to create shows that help get the message out that substance abuse is a treatable disease. Make sure the show or concert targets both

children/teens and adults/families. The shows or concerts could be offered free to the community and take place at the performance group's venue or at your organization. Make information about substance abuse treatment available for those attending. Also, spokespeople from local treatment centers could hold a question-and-answer session before or after the show. Place advertisements about the upcoming show or concert in your organization's newsletter or church bulletin and in windows of local stores and restaurants.

2. **Integrate Your Message into Activities for the Community.** Get involved in local sports, whether it be at the high school or college level. Work with the schools and coaches to educate students on the dangers of steroids and other "performance-enhancing" drugs. Sponsor a night at a local minor league hockey or baseball game and during the event distribute handouts with substance abuse information or fun giveaway items such as key chains or whistles with your organization's name, phone number, and web site address, if applicable. Help sponsor a run or walk for a substance abuse cause in your community. Donate the money you raise to a local treatment center for new programs, new staff, or a new facility.
3. **Sponsor a Health and Community Fair.** If your community does not have a local summer fair, start one and make it health-focused. Have booths for local treatment centers to offer information and speak to their neighbors. Offer treatment materials for those who might be in need. Invite local politicians and celebrities to speak on substance abuse topics. Make sure that there are activities for children as well.

If your community already sponsors a local summer fair, make sure your organization has a booth or space. Gather substance abuse information from treatment centers and have it available for those in attendance.

**You are encouraged to share your plans and activities for *Recovery Month* 2003 with SAMHSA's Center for Substance Abuse Treatment, your colleagues, and the general public by posting them on the official *Recovery Month* web site at <http://www.recoverymonth.gov>.**

**We would like to know about your efforts during *Recovery Month*. Please complete the Customer Satisfaction Form enclosed in the kit. Directions are included on the form.**

**For any additional *Recovery Month* materials visit our web site at <http://www.recoverymonth.gov> or call 1-800-729-6686.**

## Additional Resources

### Federal Agencies

U.S. DEPARTMENT OF HEALTH AND HUMAN  
SERVICES (HHS)

200 Independence Avenue, SW

Washington, DC 20201

877-696-6775 (Toll-Free)

[www.hhs.gov](http://www.hhs.gov)

HHS, Substance Abuse and Mental  
Health Services Administration (SAMHSA)

5600 Fishers Lane

Parklawn Building, Suite 13C-05

Rockville, MD 20857

301-443-8956

[www.samhsa.gov](http://www.samhsa.gov)

HHS, SAMHSA

National Clearinghouse for Alcohol and Drug  
Information

P.O. Box 2345

Rockville, MD 20847-2345

800-729-6686 (Toll-Free)

800-487-4889 (TDD) (Toll-Free)

877-767-8432 (Spanish) (Toll-Free)

[www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov)

SAMHSA National Helpline

800-662-HELP (800-662-4357) (Toll-Free)

800-487-4889 (TDD) (Toll-Free)

877-767-8432 (Spanish) (Toll-Free)

(for confidential information on substance  
abuse treatment and referral)

[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

HHS, SAMHSA

Center for Substance Abuse Treatment

5600 Fishers Lane

Rockwall II

Rockville, MD 20857

301-443-5052

[www.samhsa.gov](http://www.samhsa.gov)

HHS, SAMHSA

Center for Mental Health Services

5600 Fishers Lane

Parklawn Building, Room 17-99

Rockville, MD 20857

301-443-2792

[www.samhsa.gov](http://www.samhsa.gov)

U.S. DEPARTMENT OF HEALTH AND HUMAN  
SERVICES (HHS)

National Institutes of Health (NIH)

9000 Rockville Pike

Bethesda, MD 20892

301-496-4000

[www.nih.gov](http://www.nih.gov)

HHS, NIH

National Institute on Alcohol Abuse  
and Alcoholism

Willco Building

6000 Executive Boulevard

Bethesda, MD 20892-7003

301-443-3860

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

HHS, NIH

National Institute on Drug Abuse

Office of Science Policy and Communication

6001 Executive Boulevard

Room 5213 MSC 9561

Bethesda, MD 20892-9561

301-443-1124

Telefax fact sheets: 888-NIH-NIDA (Voice) (Toll-Free)

or 888-TTY-NIDA (TTY) (Toll-Free)

[www.drugabuse.gov](http://www.drugabuse.gov)

U.S. DEPARTMENT OF EDUCATION (ED)

400 Maryland Avenue, SW

Washington, DC 20202-6123

800-872-5327 (Toll-Free)

[www.ed.gov](http://www.ed.gov)

ED, Safe and Drug-Free Schools  
400 Maryland Avenue, SW  
Washington, DC 20202-6123  
202-260-3954  
[www.ed.gov/offices/OESE/SDFS](http://www.ed.gov/offices/OESE/SDFS)

#### Other Resources

4-H  
1400 Independence Avenue, SW  
STOP 2225  
Washington, DC 20250-2225  
202-720-2908  
[www.4-h.org](http://www.4-h.org)

Al-Anon/Alateen  
For Families and Friends of Alcoholics  
Al-Anon Family Group Headquarters, Inc.  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5617  
888-4AL-ANON/888-425-2666 (Toll-Free)  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Alcoholics Anonymous  
475 Riverside Drive, 11th Floor  
New York, NY 10115  
212-870-3400  
[www.aa.org](http://www.aa.org)

Aliviane NO-AD, Inc.  
7722 North Loop Road  
El Paso, TX 79915  
915-782-4000  
[www.aliviane.org](http://www.aliviane.org)

American Psychological Association  
750 1st Street, NE  
Washington, DC 20002-4242  
800-374-2724 (Toll-Free)  
202-336-6123 (TTY)  
[www.apa.org](http://www.apa.org)

American Public Health Association  
800 I Street, NW  
Washington, DC 20001  
202-777-2742 (APHA)  
202-777-2500 (TTY)  
[www.apha.org](http://www.apha.org)

Association of State and Territorial  
Health Officials  
1275 K Street, NW, Suite 800  
Washington, DC 20005-4006  
202-371-9090  
[www.astho.org](http://www.astho.org)

Big Brothers/Big Sisters of America  
230 North 13th Street  
Philadelphia, PA 19107  
215-567-7000  
[www.bbbsa.org](http://www.bbbsa.org)

Boys & Girls Clubs of America  
1230 West Peachtree Street, NW  
Atlanta, GA 30309  
404-487-5700  
[www.bgca.org](http://www.bgca.org)

Catholic Charities, USA  
1731 King Street, Suite 200  
Alexandria, VA 22314  
703-549-1390  
[www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org)

Child Welfare League of America  
440 1st Street, NW, 3rd Floor  
Washington, DC 20001  
202-638-2952  
[www.cwla.org](http://www.cwla.org)

Children's Defense Fund  
25 E Street, NW  
Washington, DC 20001  
202-628-8787  
[www.childrensdefense.org](http://www.childrensdefense.org)



Church of Jesus Christ of Latter-Day Saints  
2520 L Street, NW, 2nd Floor  
Washington, DC 20037  
202-448-3333  
[www.lds.org](http://www.lds.org)

Community Anti-Drug Coalitions of America  
901 North Pitt Street, Suite 300  
Alexandria, VA 22314  
800-54-CADCA/800-542-2322 (Toll-Free)  
[www.cadca.org](http://www.cadca.org)

Congress of National Black Churches  
National Anti-Drug Campaign  
2000 L Street, NW, Suite 225  
Washington, DC 20036-4962  
202-296-5657  
[www.cnbc.org](http://www.cnbc.org)

Connecticut Community for Addiction Recovery  
530 Silas Deane Highway  
Wethersfield, CT 06109  
860-571-2985  
[www.ccar-recovery.org](http://www.ccar-recovery.org)

Faces and Voices of Recovery  
901 N. Washington Street, Suite 601  
Alexandria, VA 22314  
703-299-6760  
[www.efavor.org](http://www.efavor.org)

General Board of Global Ministries of the  
United Methodist Church  
Program on Substance Abuse  
110 Maryland Avenue, NE, Suite 404  
Washington, DC 20002  
202-548-2712  
[www.gbglm-umc.org](http://www.gbglm-umc.org)

Girl Scouts of the U.S.A.  
Just for Girls, 15th Floor  
420 5th Avenue  
New York, NY 10018-2798  
800-GSUSA4U/800-478-7248 (Toll-Free)  
[www.girlscouts.org](http://www.girlscouts.org)

Jewish Alcoholics, Chemically Dependent  
Persons and Significant Others  
850 7th Avenue, Penthouse  
New York, NY 10019  
212-397-4197  
[www.jacsweb.org](http://www.jacsweb.org)

Johnson Institute  
10001 Wayzata Boulevard  
Minnetonka, MN 55305  
952-582-2713  
[www.johnsoninstitute.org](http://www.johnsoninstitute.org)

Join Together  
One Appleton Street, 4th Floor  
Boston, MA 02116-5223  
617-437-1500  
[www.jointogether.org](http://www.jointogether.org)

Miami Coalition for a Safe and Drug-Free  
Community  
University of Miami/North South Center  
1500 Monza Avenue  
Coral Gables, FL 33146-3027  
305-284-6848  
[www.miamicoalition.org](http://www.miamicoalition.org)

Mothers Against Drunk Driving  
1025 Connecticut Avenue, NW, Suite 1200  
Washington, DC 20036  
202-974-2497  
[www.madd.org](http://www.madd.org)

National Association for Children of Alcoholics  
11426 Rockville Pike, Suite 100  
Rockville, MD 20852  
888-55-4COAS/888-554-2627 (Toll-Free)  
[www.nacoa.org](http://www.nacoa.org)

National Association of Community Health  
Centers  
7200 Wisconsin Avenue, Suite 210  
Bethesda, MD 20814  
301-347-0400  
[www.nachc.com](http://www.nachc.com)

National Association of Rural Health Clinics  
426 C Street, NE  
Washington, DC 20002  
202-543-0348  
[www.narhc.org](http://www.narhc.org)

National Association of State Alcohol  
and Drug Abuse Directors  
808 17th Street, NW, Suite 410  
Washington, DC 20006  
202-293-0090  
[www.nasadad.org](http://www.nasadad.org)

National Council for Community  
Behavioral Healthcare  
12300 Twinbrook Parkway, Suite 320  
Rockville, MD 20852  
301-984-6200  
[www.nccbh.org](http://www.nccbh.org)

National Council on Alcoholism  
and Drug Dependence, Inc.  
20 Exchange Place, Suite 2902  
New York, NY 10005-3201  
212-269-7797  
800-NCA-CALL (Hope Line) (Toll-Free)  
[www.ncadd.org](http://www.ncadd.org)

National Families in Action  
2957 Clairmont Road, NE, Suite 150  
Atlanta, GA 30329  
404-248-9676  
[www.nationalfamilies.org](http://www.nationalfamilies.org)

Partnership for a Drug-Free America  
405 Lexington Avenue, Suite 1601  
New York, NY 10174  
212-922-1560  
[www.drugfreeamerica.org](http://www.drugfreeamerica.org)

RecoveryWorks  
1954 University Avenue West, Suite 12  
Saint Paul, MN 55104  
651-645-1618  
[www.addictions.org/recoveryworks](http://www.addictions.org/recoveryworks)

Step One  
665 West 4th Street  
Winston Salem, NC 27101  
336-725-8389  
800-758-6077 (Toll-Free)  
[www.stepone.org](http://www.stepone.org)

Therapeutic Communities of America  
1601 Connecticut Avenue, NW, Suite 803  
Washington, DC 20009  
202-296-3503  
[www.tcanet.org](http://www.tcanet.org)

White Bison  
6145 Lehman Drive, Suite 200  
Colorado Springs, CO 80918  
719-548-1000  
[www.whitebison.org](http://www.whitebison.org)

Young Men's Christian Association of the USA  
1701 K Street, NW, Suite 903  
Washington, DC 20006  
202-835-9043  
[www.ymca.net](http://www.ymca.net)

Young Women's Christian Association of the U.S.A.  
1015 18th Street, NW, Suite 700  
Washington, DC 20036  
202-467-0801  
800-YWCA-US1



## Sources

- <sup>1</sup> *Summary of Findings from the 2001 National Household Survey on Drug Abuse*. DHHS Publication No. (SMA) 02- 3758. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, 2002.
- <sup>2</sup> Riccio, P. "Breaking Down the Walls: Connecting Faith with Communities," in *Prevention Pipeline*. Rockville, MD: Center for Substance Abuse Prevention, July/August 1996, p. 11.
- <sup>3</sup> *ibid.*
- <sup>4</sup> *So Help Me God: Substance Abuse, Religion and Spirituality*. New York, NY: National Center on Addiction and Substance Abuse, Columbia University, November 2001.
- <sup>5</sup> *ibid.*
- <sup>6</sup> *Ninth Special Report to the U.S. Congress on Alcohol and Health from the Secretary of Health and Human Services*. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism, June 1997.
- <sup>7</sup> Werner, E.E. and Johnson, J.L. "The role of caring adults in the lives of children of alcoholics." *Children of Alcoholics: Selected Readings*, Vol. 2, 2000.
- <sup>8</sup> McNamara, K.M. "Best Practices in Substance Abuse Prevention Programs." *Best Practices in School Psychology III*, A. Thomas and J. Grimes (eds.). Washington, DC: National Association of School Psychologists, 1995, pp. 369-382.
- <sup>9</sup> Schroeder, Steven. "Grant Makers Must Attack Substance Abuse." *Chronicle of Philanthropy*, July 26, 2001.
- <sup>10</sup> *Support for One Church-One Addict Program to Assist Recovering Addicts*. Grant Results Report. Princeton, NJ: Robert Wood Johnson Foundation, May 2000.
- <sup>11</sup> Schroeder, Steven.
- <sup>12</sup> "Assessing Community Coalitions." Washington, DC: Drug Strategies.
- <sup>13</sup> *Tribal Colleges: An Introduction*. Alexandria, VA: American Indian Higher Education Consortium, The Institute for Higher Education Policy, February 1999.